

Ideas for Physical Activities You can Try

- Swimming
- Skateboarding
- Roller Skating/Blading
- Riding a Bike
- Tennis
- Pickleball
- Baseball
- Weight Lifting
- Kickboxing
- Basketball
- Football
- Cheerleading
- Dance
- Hockey
- Aerobics
- Water Aerobics
- Running/Jogging
- Ninja/Obstacle Course
- BMX Racing
- Hopscotch
- Soccer
- Nature Walks
- Hiking
- Volleyball
- Wrestling
- Gymnastics/Tumbling
- Trampoline
- Scootering
- Rock Climbing
- Frisbee
- Kite Flying
- Jump Rope
- Yoga
- Hula Hooping
- Canoeing
- Kayaking
- Paddleboarding
- Snorkeling
- Bowling
- Pilates
- Lacrosse
- Cricket
- Quidditch
- Golf
- Mini Golf
- Boxing
- Martial Arts



Get active this summer with our Summer Sports Challenge! Inspired by the idea of a summer reading program, this initiative encourages participants to try at least five different sports or physical activities between July 1 and August 31.

Participating in physical activities helps youth leaders develop confidence, resilience, teamwork, and decision-making skills — all essential qualities for leading others. Staying active also supports physical health while improving mental well-being by reducing stress, boosting mood, and increasing focus. These benefits help young leaders bring their best selves to their schools, teams, and communities.

Each time you try a new activity, record your experience in your Sports Challenge Log Book. Tell us what you did, where you did it, and what you liked about it. Activities can include sports, fitness classes, outdoor adventures, or any other movement-based activity that gets you active and engaged.

Once you’ve completed at least five different activities, submit your completed log book by the end of August to be entered for a chance to win fun prizes! Every participant who turns in a completed log book will receive a certificate of participation. We will also award special grand prizes to:

- the participant with the most total time recorded in physical activity
- the participant who completes the highest number of different activities

Log books can be scanned or photographed and submitted to founderofthelilyproject@gmail.com.

Challenge yourself, discover new activities, and make this your most active summer yet!

How much time did you spend on this activity?							
Would you recommend this activity to someone else?							
Is this an activity you would do again?							
Where did you do this activity?							
What activity did you do?							